



Get fit for \$5



fitness class

Lancaster Park

*Parkbridge Estate
Truscott Ave, Middleton Grange*

*1 hour class in the style of Bootcamp.
Workouts consist of cardio, circuits,
intervals, resistance, boxing.*

Wednesday - 9.30am

Saturday - 8am

Bring a towel and a bottle of water

*A Fitness Training Questionnaire will need to be completed
prior to your first class so please arrive 10 minutes early to
be able to complete it.*

Contact : Kirstie on 0419 405 866